

the newham mag

ISSUE 144
3 May 2008



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Anger
management



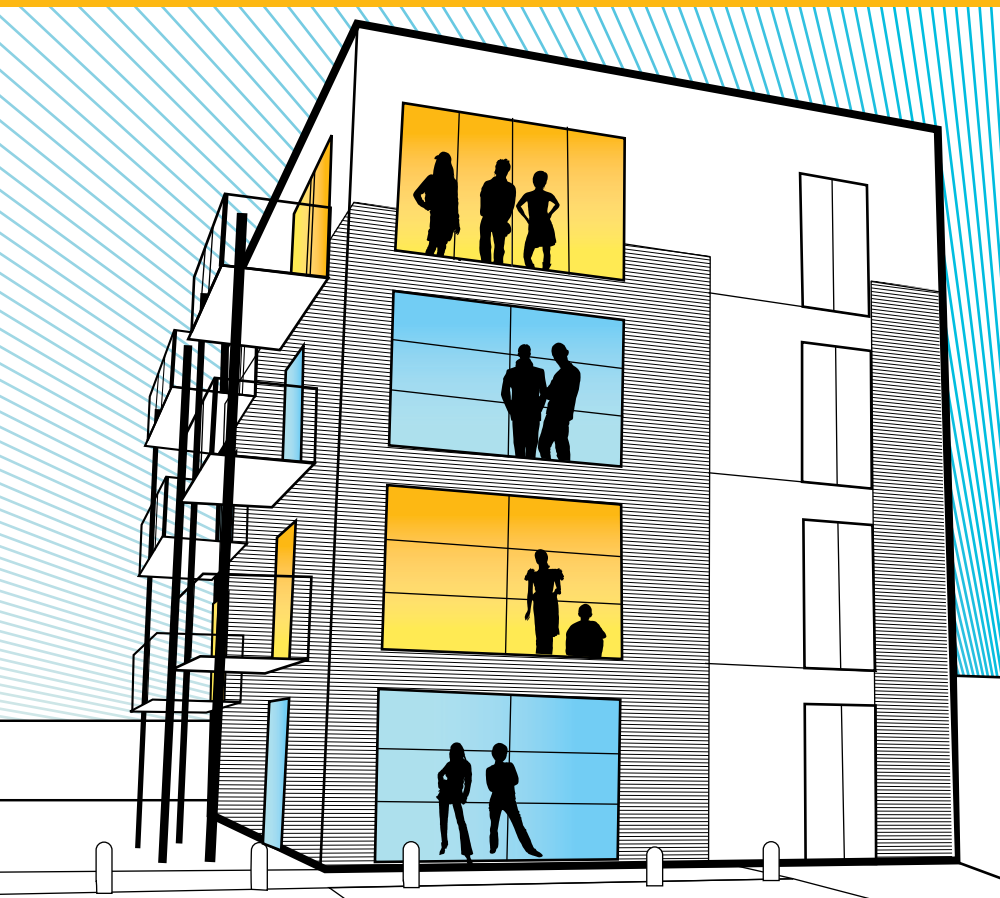
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Feet
first

> **Page 12** Newham like you've never known:
all aboard for the regeneration tour



STRATFORD CENTRAL

12 Great Eastern Road, Stratford, E15 1BD



"East London is the capital's rising star, with a contemporary buzz unmatched anywhere in the city"

The Lonely Planet Guide to London

Genesishomes presents Stratford Central, 14 two and three bed apartments in a self-contained gated development.

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*This is based on a 25% share of a two bedroom apartment with a full market value of £320,000. A subsidised rent is payable on the remainder of the equity. Minimum annual income requirements before tax and other deductions start at £31,215. Prices correct at time of going to print, and may be subject to revaluation. YOUR HOME IS AT RISK IF YOU FAIL TO KEEP UP WITH REPAYMENTS. Applicants should be living or working within the east London sub-region (Tower Hamlets to Havering).

the newham mag



Despite living here all my life I was surprised how little I knew about Newham until I went on the Regeneration Tour. If you've not been it's a chance to find out about the past, see the present, glimpse the future and feel proud to live in a place where

there is so much happening.

Read our feature on changes to Stratford Station that will accommodate increased passenger volumes resulting from Stratford City, Stratford International and that sporting event happening in 2012!

Anita

On the cover:
Regeneration tour
– get on board



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Look out for the next issue from 17 May

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Published by the London Borough of Newham

IN BRIEF //

Suspended sentence for council thief

A Forest Gate man has been given a nine-month suspended custodial sentence and 100 hours community service for stealing more than 400 parking permits and selling some of them to unwitting customers.

The council prosecuted Niza Muddin Mohamed, 21, of Chaucer Road, after he stole 423 blank business parking permits worth around £84,600 while he was employed by the council. The sentence was handed down at Snaresbrook Crown Court. He was also ordered to pay £500 costs and the council was awarded a confiscation order to recover the money lost and any money Mohamed received from the crime.

If you suspect anyone of committing fraud, call freephone 0800 0522420 or email: fraud@newham.gov.uk

Newham Town Hall to stay in East Ham

As part of a move to create savings across the council, staff are moving to a building on the Royal Docks and leaving their office space in the town halls in Stratford and East Ham. We have had to choose which of the two to retain for front-facing services to residents; at a cabinet meeting, it was decided that East Ham would keep the town hall. Read more about this on page 8.

Apology

In the last issue on page five the picture captioned resident Stephen Osakwe should have read as Sam Smith. Our apologies to Sam.

St Luke's takes to the Barbican stage for Barnardo's inaugural song competition

Pitch-perfect singers from St Luke's Primary School in Canning Town were given a rousing ovation when they performed in front of an audience of parents, grandparents, friends and relatives at London's Barbican Theatre. The school was one of 21 taking part in the Barnardo's Young Supporters Concert: 'Believe in Children'.

St Luke's Headteacher, Theresa Aanonson, said: "After a lot of hard work it was uplifting to see our choir perform with such confidence to a public audience. We were particularly impressed with the way the pupils learnt all their words and committed themselves to daily practice. The parents were a great support as they encouraged their children to be well prepared. The whole project had a significant impact on our pupils' confidence, self esteem, musical expertise and interest. We hope to participate again to support the work of such a worthwhile charity."

The 35 St Luke's pupils took to the Barbican stage, along with choirs from the other 20 schools, to help raise funds for the Barnardo's charity.

Barnardo's chief executive Martin Narey said: "At the core of our work is the participation of children and young people. Their voices are fundamental to ensuring that we provide services which meet their needs and to help us influence policy to improve the lives of all children.

"It is fitting that this evening so many children performed and, in doing so, helped us to raise vital funds to continue our work."

Read about an exciting photography competition raising money for Barnardo's on page 18.



St Luke's at the Barbican

Keep Newham tidy

People dropping litter in Newham could now face a fixed penalty notice of £80, to be paid within 14 days. If it is paid within ten days, it reduces to a discounted rate of £50. If it's not paid after 14 days, the council will prosecute.

Since January 2007, the council has issued more than 200 notices to people caught littering. Tommy Sullivan, 25, of Vicarage Lane, East Ham, was caught littering and failed to pay his fine. On 4 April, Sullivan's case was heard in his absence at Stratford Magistrates' Court where he was found guilty of breaching section 87 of the 1990 Environment Protection Act. He was ordered to pay a £80 fine plus £150 costs.

To report incidents of anti-social behaviour in confidence, call freephone 0800 731 3300 or complete the Report Anti-Social Behaviour online form.

Court dumps fine on fly tipper

A man who dumped carpets, furniture and household rubbish in Manor Park has been fined £200.

Fly-tipper Asim Nasir, 33, of St Stephen's Road, East Ham, was prosecuted after he was spotted by a sharp-eyed member of the public who took down details of Nasir's van and reported him to the council.

Stratford Magistrates' Court heard that Nasir was seen in Millais Avenue last year dumping garden waste, wooden planks, carpets, furniture and bags of general household waste.

Nasir admitted to unlawfully depositing waste on the public highway contrary to section 33 of the Environmental Protection Act 1990. In addition to a £200 fine he was also ordered to pay £250 court costs and a victim surcharge of £15. He has 21 days if he wishes to appeal.

If you see anyone dumping rubbish or committing anti-social behaviour you can report it to police or to the council's 24-hour anti-social behaviour hotline on 0800 731 3300.

Landlords warned about fatal fire hazards

Landlords are being warned of the dangers of housing tenants in poorly converted garages and outbuildings after a man died in a fire.

The 65-year-old Forest Gate man lived in a garage that had been converted into living accommodation. The incident is still being investigated and could result in prosecution.

The council all too regularly discovers buildings that have been converted without the necessary planning and building regulation approvals that exist to ensure that occupiers are not at risk.

Owners who rent out hazardous accommodation could be prosecuted and have the use of the building prohibited by the council or the fire service. The council can also require the demolition of the building if there is no planning approval.

Landlords converting property must ensure that work carried out does not cause danger to health and safety. Changes that are made must not affect flues from heating appliances, ventilation openings that serve heating appliances, ventilation openings to rooms and existing

means of escape in case of fire.

Councillor Andrew Baikie, executive member for housing and public protection, said: "Newham Council will continue to work with the fire service to ensure that the health, safety and welfare of residents are not put at risk by those who may not be converting buildings legitimately."

People who may be renting accommodation in converted garages, sheds or other outbuildings and are concerned that landlords may not have converted the buildings properly can contact the council's Private Sector Housing Team on 0208 430 3793.

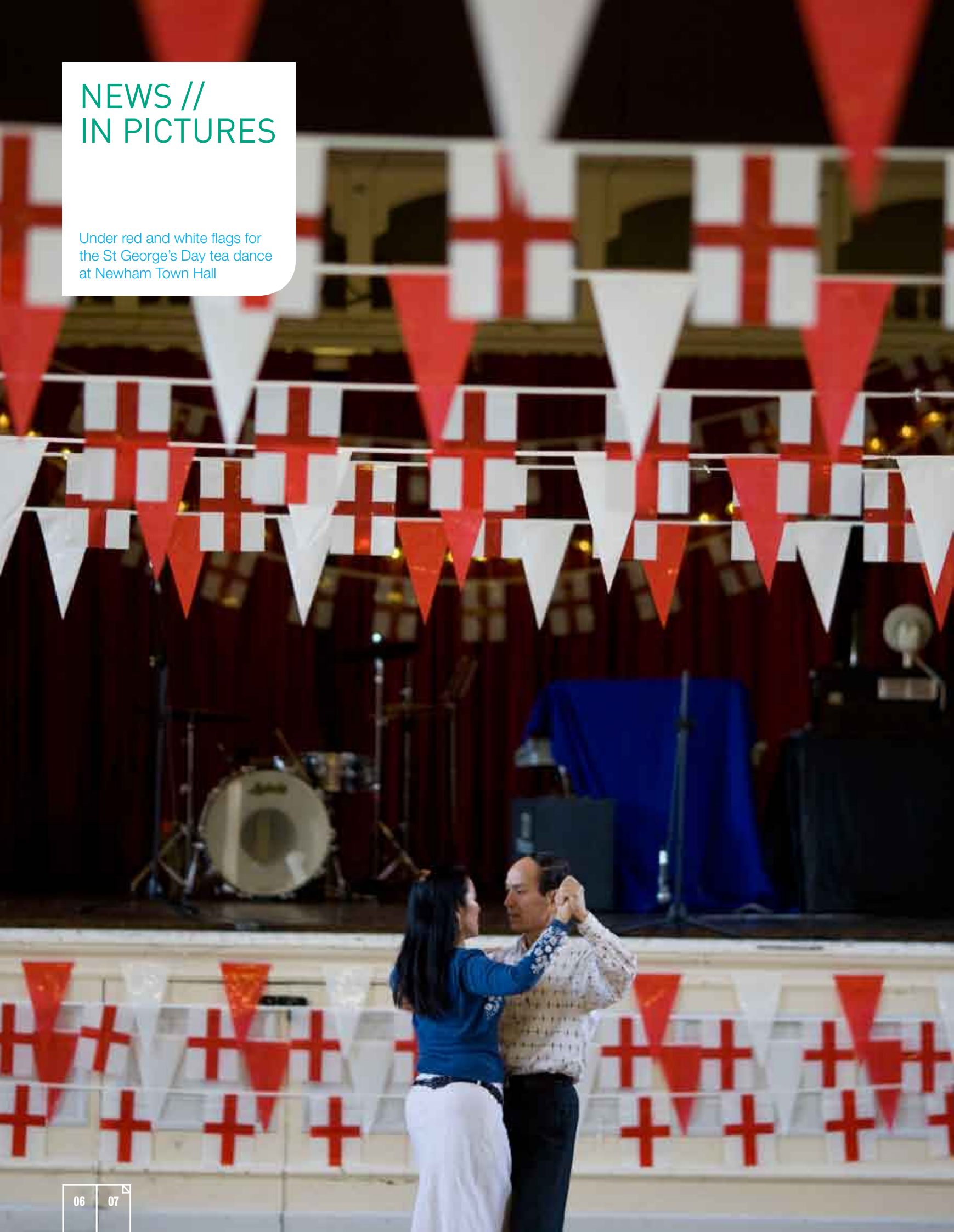
Newham Borough fire commander John Talbot said: "Fires in the home are the main cause of fire deaths and landlords must make sure there are adequate fire safety measures in place for tenants. The worst outcome is where an occupier makes the ultimate sacrifice and loses his or her life because they were unable to escape from the building in a fire."

Newham's firefighters carry out free home safety visits. To have your home checked contact the London Fire Brigade on 08000 284428 and quote the Newham 09 project.



NEWS // IN PICTURES

Under red and white flags for
the St George's Day tea dance
at Newham Town Hall



NEWS // IN PICTURES

BE A LOCAL
TOURIST SPECIAL

1 A kookaburra spreads its wings at Newham City Farm for a display.

2 A rambler at the Royal Docks guided walk takes in a snap shot of the past. **3** Our smallest residents get lost in the magic of Discover.

4 Visitors to the backstage tours at Theatre Royal Stratford.



A day we could all be proud of...

I was really pleased to see such a large and diverse group of residents gathered at Newham Town Hall in East Ham to celebrate St George's Day – and even the weather must have known it was a national holiday because, in keeping with tradition, it rained all morning!

"For a long time few people celebrated or commemorated St George's Day and I think that's wrong; we should all be proud to celebrate England's national day."

I think it's important to recognise St George's Day because English values such as freedom, fairness and tolerance are well worth celebrating and have always kept this community together. For a long time few people celebrated or commemorated St George's Day and I think that's wrong; we should all be proud to celebrate England's national day.

Newham has changed a lot over the years. It has become a multicultural and diverse borough – one which makes us very proud – but what hasn't changed are traditional English values and traditional East End values too. I'm talking about families, community spirit and sticking together through the good and bad – and it's these values which unite us no matter where we have come from.



Newham sets a good example

How encouraging it was to see the recent report by the Institute for Public Policy Research, urging the Government to introduce elected mayors to every major town and city in England.

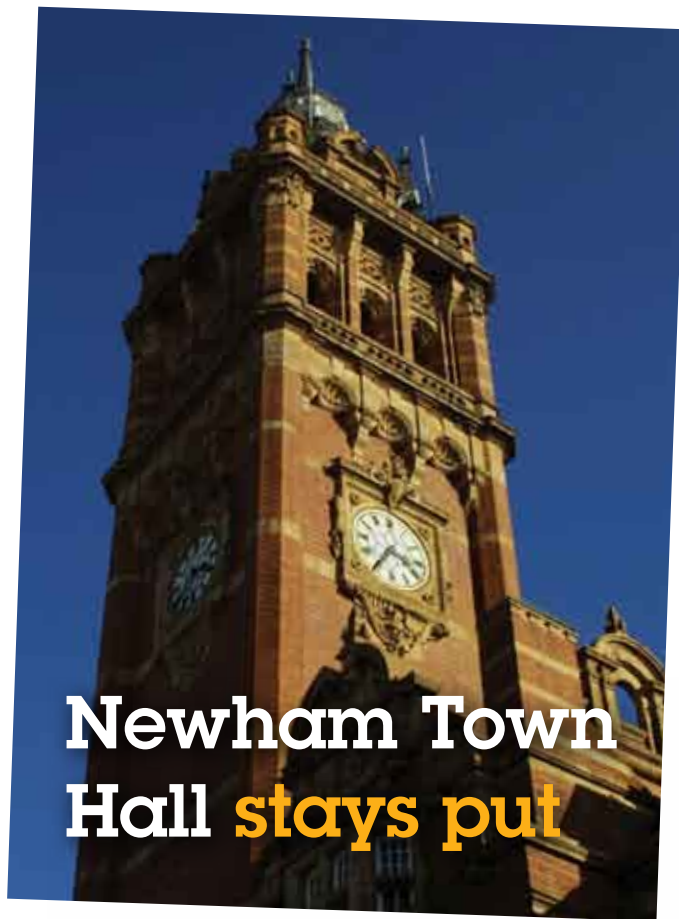
As one of just 13 elected mayors in the country, including the London mayor, I am happy to see that Newham is providing a good example for the rest of the UK to follow.

I am a firm believer that local government works best where there is clear and accountable leadership and people know where the buck stops. You can see that your vote matters and your voice makes a difference.

An elected mayor in every town would, I believe, lead to stronger local political and more responsible leadership and would encourage central government to hand down more powers to local government, where we truly understand local needs.



Mayor's view



Newham Town Hall **stays put**

As you will know, council staff have begun to move to new premises in order to make savings and spend more of your money on the services that matter to you.

As staff move out of their offices at Newham and Stratford Town Halls, we've had to decide which of the two we will keep as a council building.

I'd very much like to keep both but it is not possible. At cabinet, after a long debate among members, we've decided without opposition that it would be best to keep Newham Town Hall.

The most important thing for us is that we get the best value for money for our residents. Newham Town Hall is cheaper to maintain and although we will remain the landlord for Stratford Town Hall, we will be selling the lease on it – allowing us to pass the savings on to our residents.

Keeping Newham Town Hall will mean that we will be able to bring some of our front office services under one roof, making services more accessible for residents. This was a tough decision to make but we had to make it and after studying the pros and cons, we decided this was the best decision – and I hope you agree.

KEEP YOUNG PEOPLE INFORMED ABOUT THE ARMY

You may have read in the news recently that a teaching union has called to ban the Army from visiting schools. I think that this is the wrong move. While a military career should not be introduced to children too early, I think that it's important that young people are aware of the huge range of options available in the Army. We are proud of all the people from Newham who have served or are serving in the forces here and abroad and we should not be ashamed to say so.



Sir Robin and Young Mayor Zuhayb Ahmed at ExCeL's Careers and Jobs Live

Snapshot of looked after children

A loving home is one of the most important things for a child's development, but unfortunately not every child is lucky enough to have one. There are so many of us able to offer this but we don't take that first step. To highlight this point, Newham has been involved in a revolutionary exhibition where looked after children were photographed with celebrities. This wasn't a stunt but a wake up call to us all – if you have some room in your home and in your heart what could be better than to give a child a home?

Being one of the few elected Mayors, I am directly accountable to you. It's important that I'm open and accessible for any Newham resident. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.

with Sir Robin Wales



BOUNCING BACK BASKETBALL COMPETITIONS

Around 80 people slam dunked their way into the finals of the community forum basketball competitions, after competing in heats held across the borough.

Sixteen teams fought off competition to make it to the final, held at Atherton Leisure Centre, Forest Gate. Split into two categories, 12 to 15 years and 16 and over, each team made up of three players dribbled and bounced their way through the final play offs.

In the 12 to 15 group, Team Leeon, from Forest Gate Community Forum thrashed their competitors East Ham Ballers to an 11-2 victory. In the 16 plus finals LT from East Ham Community Forum beat Team BS, from Manor Park Community Forum to a six-three win.

Alongside the play-offs there were

also shooting and slam dunk contests. Spectators and players were entertained with slick technical skills demonstrated by Street Ball Extreme, basketball freestylers displaying their spectacular tricks. As part of their prize, Team Leeon were given the chance of a try out with Street Ball Extreme.

Winners and runners up received trophies. The fair play award for individuals that showed sportsmanship, dedication and enthusiasm was given to Travis Edwards and Claudio Santos, from Manor Park, who each won a MP3 player.

Judges for the competition included Robert Youngblood, ex NBA (National Basketball Association) player who now works with young people in Newham on estate based sport sessions.

HOW YOU CAN GET INVOLVED

If you missed the basketball competitions but are interested in sessions offered by the council why not try them for free at an estate based sports session. As well as basketball sports including fencing, football, gymnastics and street dance are offered. If you're under 18 and want to join a club check out Youngbloods Basketball, www.ybbc.co.uk or Newham All Star Sports Academy (NASSA), www.nassa2012.org.uk Adult league sessions take place across Newham. For information email sportsdevelopment@newham.gov.uk or call 020 430 2484.

DON'T FORGET!

Community forum football competitions begin next week, see the opposite advertisement for details of how you can get involved.



FOOTBALL CHALLENGE FOR ALL

ARE YOU KEEN TO SHOW OFF YOUR SKILLS ON THE FOOTBALL PITCH?

WIN FANTASTIC SPORTS PRIZES!



Newham's Community Forums are holding a free inter-forum football competition for young people and adults. Anyone who lives or works in the Community Forum area can get involved.

WINNERS OF THE FIVE-A-SIDE HEATS WILL PLAY IN A MASSIVE FINAL ON THE PITCH AT WEST HAM UNITED FOOTBALL CLUB!

Adults' heats

13 - 20 May, 6 - 8pm

Young people's heats

27 - 29 May, 11am - 4pm

Categories

- 8 - 11yrs mixed girls and boys
- 12 - 16yr girls
- 12 - 14yr boys
- 15 - 17yr boys
- adult men's and women's

Final: Friday 30 May, 5 - 9pm

West Ham United Football Club

Boleyn Ground, Green Street, Upton Park E13 9AZ

FREE ENTERTAINMENT FOR THE WHOLE FAMILY

For the full event details or to register contact Abul Hussain on **07854 954 738**, email abul.hussain@newham.gov.uk or visit www.newham.gov.uk/topics/sports



Three Mills



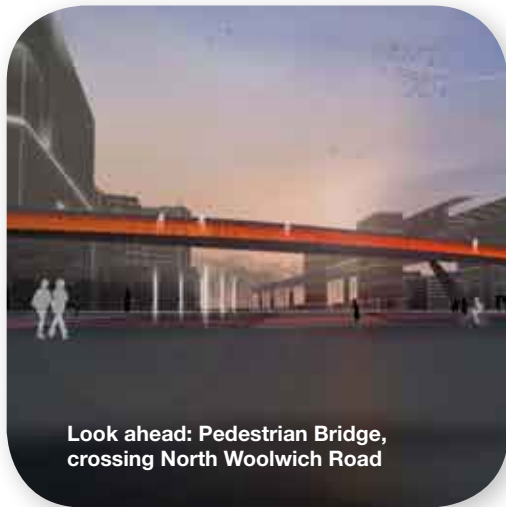
Look ahead: Olympic Stadium



Look ahead: Venture Xtreme Sports Centre

Discover Newham

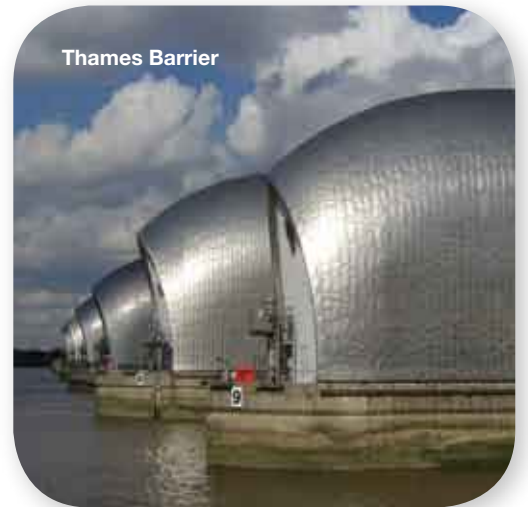
like you've never known it before



Look ahead: Pedestrian Bridge, crossing North Woolwich Road



Look ahead: Biota!



Thames Barrier



Olympic viewing gallery

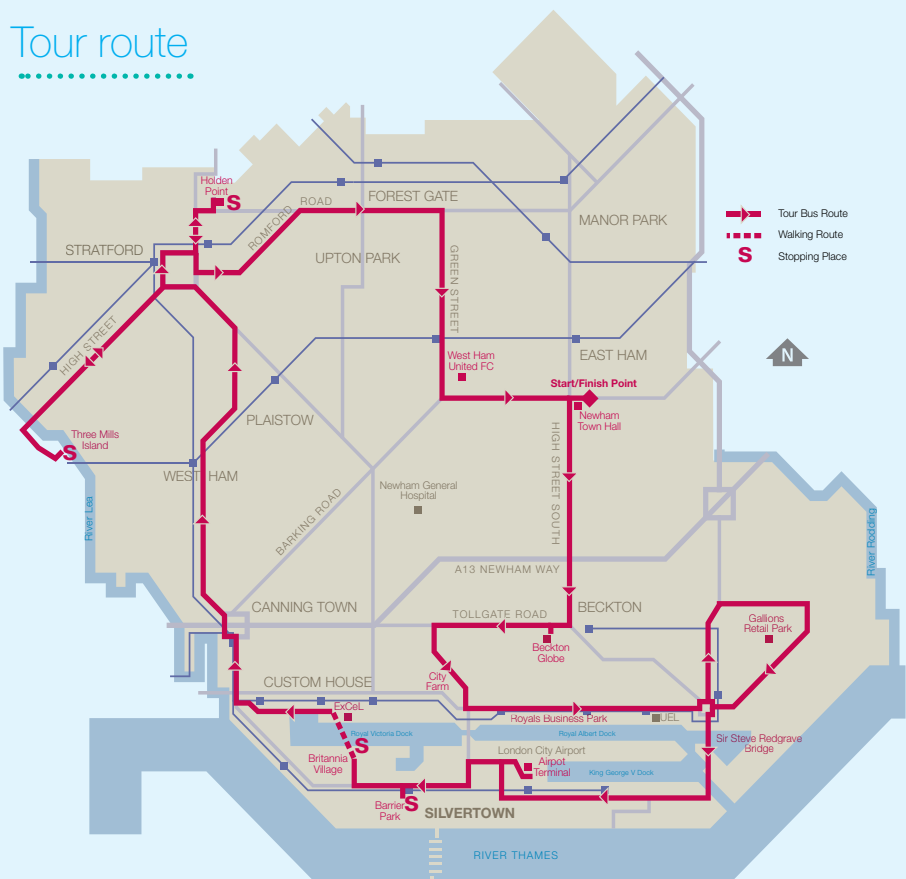


Look ahead: Canning Town



Look ahead: Stratford City

Tour route



Did you know that the oldest bell in London, cast in 1380 at the Whitechapel Bell Foundry, is in St Mary Magdalene Church in East Ham? Or that since the Thames Barrier opened in 1982, it has been used to protect London from flooding on more than 80 occasions? And did you know that by 2011 Newham will house a huge aquarium displaying the global diversity of aquatic life?

If you didn't know at least one of these facts then you don't know your borough as well as you thought you did! But do not fear, the council runs a free regeneration tour that will help you get acquainted.

Regeneration is bringing better life chances and choices to the people of Newham and it's a story that's being told with passion and enthusiasm on the tour.

Be a tourist for the day and take in the sights of Beckton, the Royal Docks, Silvertown, Canning Town, Stratford and Forest Gate with fresh eyes.

As you're being whisked around you are given a snapshot of the borough's past, what has changed and details of what plans are unfolding in the future; if you're new to the borough or don't know your way round it's a brilliant way of getting to know it and discovering hidden gems along the way.

Just because you're on a minibus doesn't mean you can doze off! You'll be kept on your toes with several stops along the way, taking in the crème de la crème of the sights including Holden Point, the viewing gallery for the Olympic Park, where you can get a glimpse of what's to come in 2012 and find out more about Newham's role as host borough; many people are amazed to learn that this borough will host more than 60 per cent of the 2012 Games. Very few people also know that Stratford City, which you can also

see from the viewing gallery, is the largest regeneration project in the UK. Soon, we will have the second largest John Lewis and Marks and Spencer in the UK and will be the location of a major shopping complex to rival Bluewater and Lakeside.

Other stops include Thames Barrier Park and the Royal Victoria Footbridge, where you get a birdseye view of the Docks and locations of where some of the biggest regeneration projects are kicking off. If there's time, a stop is also made at Three Mills, where the 3 Mills film studio is located.

Residents who have come on the tour have discovered parts of Newham that they never knew existed. People from all walks of life come on the tour, from historians to planners to the curious resident. And the word is spreading with visitors from Russia, China and Sweden among other countries, who have caught wind of what's happening in the borough. The tour is a perfect way to spend a morning or show friends and family from outside Newham why it is the place to be.

If you haven't already been then you're in for a treat and you'd better get booking because places fill up fast.

The minibus tour departs from Newham Town Hall, East Ham, every Wednesday at 9.30am and lasts three hours. A tour guide meets you at the town hall reception ten minutes beforehand – be on time because the tour leaves promptly. The maximum number per booking is three people. Although the tour is free there is a fee for group bookings or bespoke tours.

WEEKLY AND FREE

To make a booking or get more information please contact the promotions team (below) at promotionsteam@newham.gov.uk call 020 8430 4489 or visit www.newham.gov.uk



GARDENERS' SECRETS

Our green-fingered friends from Parks offer their expert knowledge for your green space – however big or small.



Before spring bulbs begin to fade they need a treat to prepare them for the next season; a liquid feed over the foliage around the bulb will nourish them.



Slugs are already sliming around ready to gorge on precious new shoots. Sprinkle organic slug pellets or liquid slug

killer around vulnerable plants like delphiniums and pansies, as well as emerging vegetable shoots. Organic slug pellets are available from most garden centres; birds and other animals are not harmed by them.

Keep an eye on the weather – watch out for sudden sharp frosts and protect vulnerable plants indoors or in a shed. Alternatively, you can wrap your plants up with some fleece or bubble wrap to guard them.

Money saving tips

Use twigs off trees, especially birch, as support for peas and herbaceous plants.

If you are doing a dirty job in the garden put some hand cream on and wear rubber gloves; this will keep your hands from getting grimy and will give you a beauty treatment.



Jobs for this month:

- > Redefine lawn edges using a half-moon edging iron or spade. Put a string-line along the edge if you need it. Add any off-cuts of turf to the compost heap
- > Sow outdoors: peas, broad beans, leeks, cauliflower, sprouts, onions, early salad beetroot, spinach, turnips and parsnips



- > Be careful of nesting birds if you're trimming shrubs, or try to avoid trimming until nesting season is over in August. Put out nesting material such as hair or wool
- > Remove any growths on the stems of standard roses below the grafted head and cut them as close to the main stem as possible

- > Dig a deep trench for sweet pea plants. Line the base with newspaper to help hold water and backfill with a mixture of soil and moisture retentive compost
- > Regularly cut the lawn as the grass begins to grow more vigorously. Cut it a little shorter, until it's down to its summer height
- > Don't forget! If you get the chance of a nice warm day, get the loungers out, sit down and enjoy your toils!



In our parks...

Now we have more daylight hours our parks are open longer. We have changed the grass cutting regime to twice a year to allow the grass to flower and encourage native herbaceous species in the turf to set seed which in turn will provide food for butterflies and other insects.

Newham

Local Housing Allowance (LHA) rates May 2008

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 85.00
1 bedroom	£ 161.00
2 bedrooms	£ 200.00
3 bedrooms	£ 250.00
4 bedrooms	£ 300.00
5 bedrooms	£ 350.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- a couple
- a single adult/young person (over 16)
- two children of the same sex
- two children regardless of sex under the age of 10
- any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

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or email info@cipsonline.com**

*Applicants must be in receipt of JSA or income support
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familyman
BY RIKKI BEADLE-BLAIR

From 2nd May 2008
a new play from the writer of BASHMENT

Tickets and information: 020 8534 0310
Book online: www.stratfordeast.com

Peaceful playgrounds

Conflict can enrich our lives. In its healthiest form it helps us question, challenge and debate; in its ugliest it can lead to arguments, anger and even violence. So how do you get the balance right? One woman is teaching primary school children why it can be ok to be angry.

Natalie Mahoney has been working in Newham primary schools for four years. She teaches young people how to deal with their problems head on through peer

mediation as a way of empowering them to use words instead of fists to resolve conflict. Her work as a valuing diversity officer for East Ham based charity Conflict and Change has resulted in many primary schools in Newham having a peer mediation programme. Natalie explains: "We start by asking young people to look at themselves and see what conflict means to them and how they deal with it." What follows is an application and interview process where year five and six pupils are invited to become

peer mediators, recognised playground peacemakers. Twelve to 18 young people undergo three days of training to prepare them for the work that lies ahead.

The mediation programme helps young people to grow in confidence and provides a place to talk about their relationships and feelings. Linking the teaching of non-violent peacemakers like Mahatma Gandhi, Badshah Khan and Martin Luther King, the young people are entrusted with the responsibility that comes with being a peer



with classes of children holding weekly sessions to discuss issues like identity, values and fears. She explains: “We get young people to voice what’s important to them and look at how we are different and how we are the same. There’s no right or wrong, it’s about having that dialogue and exploring. We give them choices about what they can do when they’re in a conflict, making them realise there are other ways to deal with their anger.”

“We give them choices about they can do when they’re in a conflict, making them realise there are other ways to deal with their anger.”

Natalie doesn’t think anger is a bad thing, after all, it is an emotion like any other. Her mantra is: “It’s ok to be angry as long as you don’t hurt others, don’t hurt yourself and don’t damage property.” It’s simplicity in action, so spread the word.

Conflict and Change has been making a difference since 1984 and was the UK’s first mediation organisation. Alongside their extensive work in schools, the team also offer conflict resolution and courses for people to train to become volunteer mediators in the community. If you’d like to find out more visit www.conflictandchange.co.uk, call 020 8552 2050 or visit their offices at 2A Streatfield Avenue, East Ham, E6 2LA.

- Conflict can happen to anyone at any time
- for many reasons. The next time you find
- yourself getting angry consider the following:
- Stop and think – take a breath and ask
- yourself how important is the argument
- and what are you trying to achieve?
- What is making you angry? What do you
- need that you’re not getting and what is
- the safest way to get it without hurting
- others or yourself?
- It’s good to talk: If you can, get a third
- party to intervene between you and the
- other person. If you can’t, consider why
- the other person has reacted in this way
- and put yourself in their position – keep
- communication going.

mediator. “We highlight the importance of listening,” said Natalie, “once you have both sides of the story the peer mediator asks each person to say what they’re feeling and for the other to repeat it – we’re trying to build a sense of empathy between two people who are at loggerheads.”

With their ear to the ground the peer mediator keeps an eye on what happens outside the classroom environment. Working in pairs the mediators monitor the playground and Natalie is keen to stress

they are far from being playground police: “The mediator will ask the young person if they’d like to speak to a teacher or see if the problem can be resolved through mediation; it’s totally voluntary, both parties need to agree to it and there is always an adult present observing.”

Natalie enthuses about her work and is clearly passionate about how important it is. She said: “I get to visit lots of schools and meet inspirational young people.” Alongside the peer mediation work Natalie also works



Designer
Bruce
Oldfield
with one of
Newham's
participants

Picture this

Many people will agree that adopting a child is one of the most rewarding things you can do, but how many of us actually open up our homes to children who need a loving family and a home to call their own?

To highlight the number of children awaiting just that, the council has teamed up with leading children's charity Barnardo's and renowned portrait photographer Cambridge Jones for a unique project that is putting children in the frame.

Sixteen looked after children from Newham were chosen to take part in an exclusive exhibition to highlight how difficult it is for them to find the right home. Created by Cambridge, who was adopted at the age of two, the exhibition was hosted at the famous Getty Images Gallery in central London and featured celebrities including Cherie Blair, Bruce Oldfield, Andrew Lincoln, Gail Porter,

Claudia Winkleman and Rageh Omar posing beside Newham children.

The idea for the project came about after Cambridge approached Barnardo's with the idea of staging an exhibition profiling children similar to the Heart Galleries in the USA, which had been successfully helping to find homes for US children. The exhibition was so well received, images of children awaiting adoption are now displayed in public spaces across 40 states every year.

Cambridge said: "There are thousands of children awaiting adoption and this is just a small sample of the children who desperately need to find permanent families. I wanted to capture this issue

in a different way from the norm and to appeal to people who may not have considered adoption, to seriously do so."

Many of the children featured in the exhibition are considered 'hard to place' because they have brothers and sisters and need to stay together as a family group, are 'older children' over the age of eight or are from black and minority ethnic communities.

If you are interested in adopting a child and would like to find out more ring freephone **08000 130 393**; your call could change someone's life. You can also email **a&fcarerrecruitmentteam@newham.gov.uk** or visit **www.newham.gov.uk/adoption**


ADOPTION



A new way of life

Don't just think about it, call
0800 783 6388

www.newham.gov.uk



Have you noticed the transformations going on at Stratford Station? Keeping up with all the other changes to the major East End hub, which is regenerating so fast it makes your head spin, the station is in the middle of a major expansion programme in preparation for the 2012 Games and related improved transport links to the area.

The works, which are funded by the Olympic Delivery Authority, Docklands Light Railway and Westfield, have been planned, planned and planned some more, so that residents and transport users should barely notice the minimal disruption while they take place. Those who are not regular users of the station could be forgiven for thinking that little is going on but up on the platforms and down in the subways construction gangs are hard at work behind the protective hoardings, ensuring that tight timescales are met and that today's travellers experience the minimum of inconvenience. In contrast, the improvements that the changes will bring to the area will be obvious to everyone.

Ones to watch

Some of the changes will happen sooner than you think. Here are the immediate changes that transport users can expect to see in the run-up to the Games:

Now...

Cycle racks are back at the station, so you can lock up your bike again. These were moved to create access to the London Overground tracks so that crucial works could be done.

Next...

In February 2009 – just nine months away – Eurostar will arrive in Stratford, opening up the East End to continental Europe and

making it easy for residents to pop over to Paris for the day, or for people from all over the continent to find out why east London is such a great place to be.

On the horizon...

In summer 2010 DLR will open a new Stratford High Street station, creating transport links to the Docklands and residential parts of east London.

Summer 2010 will also see a bridge connecting Stratford regional station to the international station and Stratford City, to save your shoe leather for all the shopping you'll want to do.

Fronting up changes

'Front of house' changes will be the first outward sign of change. Soon work will start on improving access to the station from the town centre and to prepare the way for a new bridge that will link Meridian Square with the new Stratford City development.

Executive advisor for regeneration Councillor Connor McAuley said: "Many will remember the dreary

subway used to access the station in days gone by. Since then the station has transformed immensely and will continue to develop to provide the first class facilities residents deserve. At the moment the situation is far from perfect. Passengers are faced with commuter congestion and ticket halls delays. The improvements will help ease this and provide first class facilities and our first visible legacy from the Olympics."

The first sign of the front of station works that visitors will see will be in the relocation of the taxi rank and stand for the Stansted Airport coach link. These will be moved to the area that was until recently occupied by Robert the industrial steam locomotive, which was relocated to the East Anglian Railway Museum. Robert will return to Stratford once work at the station is complete.

Robert's story, the history of Stratford Station and the legacy of the Games will be told in a colourful display to be mounted on the hoarding line that will be erected to protect the front of station works.

Vital statistics

Over the course of the 2012 Games, it is estimated that:

- > around 275,000 spectators will travel to and from events in the Park each day
- > around 58 per cent of spectators travelling by rail – 120,000 a day – will use Stratford Regional Station to reach the Park
- > more than half a million spectators could need transport on the busiest days of the competition
- > 75,000 Olympic Family members and more than 23,000 Paralympic Family members will need transport
- > approximately 215,000 spectators will use National Rail or Underground services to reach the Park.





All change at
Stratford Station



SMART TRAVEL

WALK THIS WAY

Last year 16,000 children from 42 schools in Newham put their best foot forward in support of Walk to School Week, a national initiative to drive down traffic congestion caused by the school run.

Walk to School Week is a twice yearly event which takes place in May and October and is supported by Walk on Wednesday, where pupils are rewarded with a badge if they walk to school on Wednesdays.

Around half of all schoolchildren don't walk to school regularly and more and more are being driven to school in a

car. This trend is contributing to a drop in physical activity, increased obesity, congestion on the roads and air pollution. Regularly walking to school is a step in the right direction and has a positive impact on health and the environment.

This year Walk to School Week, which takes place between 19 and 23 May, coincides with Noise Action Week and the council has combined the two events and invited schools to take part in two competitions. The challenge is to organise an event which promotes walking and making a noise about it. It can be anything from writing a song, producing road sounds or creating instruments. The winning school with the most creative event will win an iPod, docking station and speakers valued at more than £500. Runners up will also receive prizes.

Pupils are invited to design a poster linking walking and sounds. An overall winner from each school will get a pack filled with walking goodies. Entries should be submitted to the

school who will forward them to the judges in the Road Safety team.

If your school is interested and hasn't signed up to participate contact us today and register your details by calling 020 8430 2753. For ideas and inspiration visit www.walktoschool.org.uk

Benefits of walking or cycling:

- > It can be quicker than driving
- > It's better and less stressful than sitting in traffic
- > You get to meet other people on your journey
- > It keeps you healthy and fit

Walking bus details

The walking bus at St Antony's school, Forest Gate, has been running for more than three years. It leaves every day from outside Forest Gate rail station at 8.25am sharp and makes its way along Woodgrange Road and Upton Lane arriving on time at school each day at 8.50am.



Parking in Stratford

If you live in or around Stratford your street may be affected by new parking regulations. Parking permits may be introduced to stop non-residential parking in your street.

Find out more about the proposals and talk directly to councillors about your concerns.

Main consultation

10am-12noon, 17 May

Old Town Hall Stratford, Broadway, Stratford E15

Local consultations

These meetings will discuss proposals specific to the area where they are being held.

10am-12noon, 17 May

Salvation Army, Paul Street,
Stratford E15 4QB

2-4pm, 17 May

Chandos Centre, Colegrave Rd,
Stratford E15 1DZ

2-4pm, 17 May

Aubrey Moore Point, Abbey Lane,
Stratford E15 2RZ

2-4pm, 17 May

Chatsworth Centre, Chatsworth Road,
Stratford E15 1RE



More information: 020 8430 2000
stratfordparkingteam@newham.gov.uk
www.newham.gov.uk



A photograph of a sandy beach with several footprints leading from the foreground towards the ocean waves in the background. The text "Best foot forward" is overlaid on the left side of the image.

Best foot forward

During winter your feet go into hibernation. Cocooned with socks and protected under the thick skin of shoes, at the moment your feet are likely to have seen better days.

Feet are the body's wheels, tirelessly transporting us from place to place from morning to night. With every step each foot holds up to one and a half times your own weight. Foot problems can lead to discomfort and affect the way you walk, potentially causing knee, hip and back pain. With the arrival of spring it's time they were treated to some TLC.

Step to it

- > Your feet can produce an egg cup of sweat per day so don't go to bed without washing them with soap and water.
- > Regularly remove hard skin with a pumice stone or foot file.
- > Always dry thoroughly, not forgetting between your toes, and use a moisturising foot cream.
- > Trim toenails straight across, never at an angle or around the corners as this can cause ingrowing toenails.
- > Shop for shoes in the afternoon. As the day progresses your feet swell; if shoes fit in the afternoon, when they're at their largest, they'll always be comfortable.
- > Change your socks daily.
- > Always wear the right shoes for the occasion. If you wear heels at work, wear comfortable shoes to and from the office. Try varying your heel height between low, medium and high.
- > Wear supportive footwear, especially if you're on your feet all day.
- > Wearing flip-flops in public areas such as gym showers or hotel bathrooms will protect you from catching athlete's foot and verrucas.
- > Don't wear flip-flops continuously when the weather is hot. They provide little support for your feet and can lead to arch and heel pain if worn a lot.

Ignore these tips and you could find yourself suffering from corns, calluses, fungal infections, verrucas or ingrowing toenails. These are all common foot diseases but can be treated with over the counter medicine in most cases.

Foot facts

- > Each foot contains 26 bones and more than 100 ligaments
- > The skin on your feet has more than 7,000 nerve endings
- > There are in excess of 125,000 sweat glands on each foot, more than anywhere else in the body

On your toes

As you get older foot care becomes even more important as skin begins to thin, joints stiffen and your feet become vulnerable. It is important to keep active and walk as much as you can. Agility can be a barrier to getting close to your feet; this, coupled with weakened eyesight, doesn't help with toenail cutting and foot care.

Footcare – It's a snip

Newham has a specialist foot clinic in Stratford where people who have been referred by their GP or hospital doctor can get advice and treatment for a range of problems including:

- > removal of ingrowing toenails
- > treatment for functional disorders such as gait analysis and provision of orthoses (muscular and skeletal support device)
- > specialised treatment for diabetes
- > treatment of corns and calluses resulting from deformity
- > treatment of painful or spreading verrucas.

To access the service you should be referred by a GP or a hospital doctor but you can also refer yourself by requesting an application form from the clinic or collecting it from the foot health service offices – address below.

Anyone with a foot problem is eligible to apply for treatment.

You may receive a course of treatment to resolve the problem or be given advice on how to manage foot problems independently.

If you have difficulty attending a clinic transport can be arranged in some circumstances and there is a home visiting service available for the housebound.

Further information and application forms can be obtained from:

**The Primary Care Trust
Foot Health Service
29 Romford Road
Stratford
London E15 4LY
Tel: 020 8496 9007
Fax: 020 8496 9008**





Independent members needed for Audit Board

Do you live or work in Newham? Do you want to extend your skills and abilities? Could you challenge and contribute to the council's control framework? Do you have knowledge of governance, risk management, internal controls, public sector, accounts, regulation and compliance?

If you can answer yes to these questions you may just be the person we're looking for.

The council's Audit Board is looking for two independent members who can challenge and direct the council's control framework. The members would serve for one year and will be required to attend up to eight evening meetings per year, each lasting approximately two hours; independent members can claim travel and subsistence allowance.

As a member of the Audit Board you'll be expected to:

- > Encourage and promote good governance within the council particularly in relation to internal control
- > Challenge the council's internal control framework to ensure that it is fit for purpose. Ensure that the work of internal and external audit are complementary so that resources are used effectively
- > Review the council's accounts and follow up any control issues raised concerning them
- > Ensure that there is effective and adequate internal audit, counter fraud and risk management provision
- > Provide independent assurance that recommendations made by internal and external audit are acted upon.

To apply send your CV and a supporting statement demonstrating how you can contribute to the key accountabilities and your knowledge in accordance with the requirements to: Joy George, Member Services Unit, Newham Town Hall, East Ham, E6 2RP.

The closing date is 6 June.

CREATIVE ARTS NEWHAM – YOUR VIEWS NEEDED!

Are you involved in the Creative Arts in Newham? Are you interested in training for employment in the Creative Industries? Then we need to hear from you!

A consortium of 10 well known east London arts and education organisations are linking together to improve education and training opportunities in Newham. This new initiative is called **Creative Arts Newham**. We are very keen to hear about your arts experiences and your future needs.

If you are over 16, a Newham resident and either already involved in some form of Creative Arts activity or want to train for employment in the Creative Arts then please fill in the online confidential questionnaire. This will take you about 10 minutes to complete.

The data gathered will help us plan future resources for **Creative Arts Newham** based on your interests. Your information will only be used for the purpose of this research. Please log onto www.stratford-circus.com/survey

If you'd like to give us more information then why not take part in a **focus group**? Please email us on CANenquiries@stratford-circus.com



Training & Conference Facilities:



Newham's Professional Development Centre to hire for meetings, training, seminars & events.*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

CREDON  CENTRE

0208 430 5943 www.npd.newham.gov.uk

Spire Roding Hospital Open Day

Friday 16th May 10am–3:30pm

Are you interested in working in private healthcare? We currently have opportunities for bank and permanent clinical staff within the following hospital departments :

theatres, nursing, pathology, physio, pharmacy and radiology

If you're interested in finding out more about these opportunities within the hospital, please come along on the above date and talk to us.

To find out more about our Open Day, please call Andrea Mercer on 020 8709 7894 or email andrea.mercer@spirehealthcare.com

Spire Roding Hospital Roding Lane South, Redbridge, Essex, IG4 5PZ www.spirehealthcare.com/roding

NEWHAM

>> IN FOCUS



Sydney is a real star

Newham-based teenager Sydney Storey is having a great month. She recently won first place in the Matlock Division 2/3 Slalom competitions Junior 16 girls' age group. The Slalom (a type of canoeing) competition was Sydney's first



final of the season and she certainly rose to the challenge. She now ranks an impressive 27th in approximately 100 girls for Slalom canoeing – a huge improvement on her ranking of 70th last year. As if that wasn't enough for a girl preparing for her GCSEs, Sydney has also just won Canoe England's Volunteer of the Year award for all of the extra hard work she puts in, coaching children on the water and helping out at the Royal Victoria Docks Watersports Centre. Sydney has been canoeing for seven years and would love to compete in the London 2012 Games, but her advice to anyone thinking of taking the sport up is: "Don't push yourself too much at first – just enjoy it!" Congratulations Sydney – we look forward to hearing more from you.

If you are interested in watersports, contact the Royal Victoria Docks Watersports Centre on 020 7511 2326.



Graduates at the ceremony at Newham Town Hall

East Ham traders accelerate in retail success

Small businesses in **EAST HAM** have been congratulated after completing an award-winning retail skills development programme. The council, together with Vision On, a leading retail training specialist, hosted a graduation ceremony at Newham Town Hall in East Ham for market traders, shopkeepers and other small businesses. Forty-eight traders collected their Vocationally Related Qualification (VRQ) Level 2 Certificate in Customer Service. The certificate was the culmination of the East Ham Accelerator

Fast Track Retail Success Programme.

Councillor Alec Kellaway, executive member for business partnerships and skills, congratulated the participants. He said: "It's fantastic to see so many traders recognise that it makes good business sense to improve their retail skills. It's remarkable that these people managed to juggle both running their businesses and taking part in the programme. It just proves the level of commitment to succeed."

Sisters Farzana and Samina Machhada

who work in the family-run Party Invitation in High Street North received their certificates at the event. Farzana said: "I thought the programme was very good. Sometimes we do get stuck in our old ways and the course gives you a push to change. I found the merchandising sessions very helpful, particularly the one that focuses on how best to display goods. I also learnt a lot about how to handle difficult customers. I would definitely recommend it to anyone thinking of doing the course."

London Fire Brigade builds bridges with Eastern European residents

The London Fire Brigade has appointed a community engagement specialist to target the borough's Eastern European communities with information on how they can protect themselves from fire. Working alongside firefighters at **EAST HAM, PLAISTOW, SILVERTOWN** and **STRATFORD** Fire Stations, the fire community safety officer will be talking to the borough's Eastern European residents and visiting community organisations.

The project, called Safe Living in Newham, will aim to raise fire safety awareness, particularly by encouraging smoke alarm ownership and promoting Home Fire Safety Visits. The community safety officer will also be working with the borough's firefighters to raise their cultural awareness of Newham's Eastern European community.

For more information on the project including dates and events, contact fire community safety officer Harvey Sahota on 07919 014 330.

COMMUNITY FORUM FOOTBALL KICKS OFF

Those who remember the success of the community forum's football competition last year will be thrilled to hear that the heats are on for the 2008 event, which is set to be even bigger and better than before. A programme of heats has been set for each community forum area, starting 13 May for adults and 27 May for young people.

The final on 30 May will be hosted by the prestigious West Ham United FC stadium in **UPTON PARK**, where all the community forum winners will come together to compete for the title of Inter-Forum Football Champions 2008. Everyone is welcome at the ground on 30 May to watch the competition, cheer on their community forum team and experience the atmosphere at the stadium completely free of charge. The Women's FA Cup and charity shield will also be on show for people to take pictures. Executive advisor to community forums Councillor Richard Crawford said: "It is great to have a local football club the size and pedigree of West Ham United working in partnership with the council and supporting the Inter-community Forum football competition. I hope everyone who lives and works in the borough will take this opportunity to get involved and have a chance of playing at West Ham United football stadium."

Entry is free and everyone is welcome – there are many prizes to be won, including a runners up trophy, medals, t-shirts and free food for all the finalists.



Newham A&E meets annual target



Ninety-nine per cent of patients visiting Newham General Hospital's accident and emergency (A&E) department are seen, admitted or discharged within four hours. Staff at Newham University Hospital NHS Trust are celebrating after achieving this near perfect result.

The improvement stems from new ways of working which have been introduced over the past year, including working with Newham Primary Care Trust to extend the opening hours of the Walk in Centre (WIC) from 10pm till 2am and introducing a GP in A&E

between 3pm and 1am. This frees up the time of A&E staff who can deal with emergency patients while patients with minor illnesses or injuries can be referred to the WIC or GP.

Internal improvements have also contributed to the outstanding result including an improved referral process for pregnant women needing emergency care, a team of healthcare assistants to help with diagnostic tests, ensuring all patients are assessed within one hour of arrival by the nursing team and the dual diagnosis service, which allows patients coming to A&E with addictions or mental health issues to be advised and supported to access the care they need.

Phil Moss, A&E consultant, said: "This achievement is a testimony to the dedication of our staff to the patients of Newham. This of course is not the end of the story but simply a good start. We will continue to drive forward using innovative change to build upon this."

FREE SELF-DEFENCE CLASSES FOR WOMEN

Jane Frew, an experienced Kung Fu instructor, has successfully secured a grant to provide free Kung Fu 'taster' sessions to women-only groups in Newham.

Kung Fu is a practical, effective and adaptable self-defence system that does not rely on physical strength. It teaches you how to:

- > move quickly out of the line of attack
- > redirect the opponent's force
- > defend yourself with strikes and kicks
- > control the opponent

Jane already runs a women-only Kung Fu class in Stratford every Thursday from 7 to 8.30pm at Sarah Bonnell School, Deanery Road, **STRATFORD**. Beginners are always welcome.

If you would like a free introductory Kung Fu session for your group (whether or not you have a venue), or you want to find out where and when you can join a group, phone Jane on 07989 661263 or email jfrew2001@yahoo.co.uk

NEWHAM » IN FOCUS



Newham-based cheerleading team Ascension Eagles' Senior Co-educational team left for a two-week trip to Florida to represent England in the Cheerleading World Championships. They join other teams from the top one per cent of the world. In addition to taking part in major events such as cheering on the final leg of the Olympic Torch Relay and performing at the ExCeL London Cheer and Dance Showcase, the team train together three times per week and assist more than 1,500 other young people through their London Cheerleading Academy outreach.

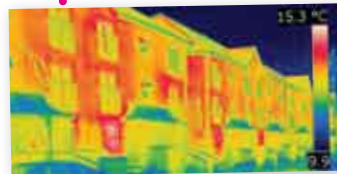
Ascension Eagles Cheerleading director Shara Brice said: "Ranked in the top one per cent worldwide, Ascension Eagles are firmly committed to sharing all they have learned with other young people. Together, we believe the best is yet to come!"

Photo: Steven Timms MP stands proud among Newham young people at the ExCeL Cheer and Dance Showcase



CRANBERRY LANE RESIDENTS GET BEHIND ECO-CAMPAIGN

A fun and interactive Eco Day attracted 150 residents to Cranberry Lane estate in **WEST HAM**. The



aim of the day, which was organised by East Thames

Group, was to raise awareness of climate change and show residents how we can all get involved in cutting our carbon emissions.

On the day 100 residents took home 'greentomato' kits, including a cotton bag to use instead of plastic bags, energy saving light bulbs and a thermometer to keep track of their home's temperature. Fifty households signed up to take part in a new energy saving project encouraging residents to run their own campaigns and initiatives to reduce carbon emissions.

Residents were also given a carbon neutral diary to help them take small steps to cut their carbon emissions. The diary lasts three months and suggests simple actions such as turning off unnecessary lights and walking or cycling short distances. Residents can then work out how much carbon, and money, they've saved.

Resident and volunteer, Ouardia Merzouk, said: "The day had a real buzz, I thought it was really successful."

AMBASSADORS WANTED FOR RICHARD HOUSE HOSPICE



Richard House Children's Hospice is looking for people to become ambassadors for the **BECKTON** charity.

The team needs confident and enthusiastic volunteers to talk about the work of

the hospice. If you are comfortable speaking to groups of people and have a spare evening or two a month then come along to an information evening on Tuesday 20 May at the Richard

House shop in Romford, 17 Victoria Road, and Wednesday 21 May at Richard House Hospice, Richard House Drive, **BECKTON**.

Community Fundraising Manager Viv Talbot said: "Richard House depends on its local supporters to raise the £1.8million we need to help life-limited children and their families. Unfortunately our fundraising team is quite small and we cannot attend all of the amazing events our supporters run on our behalf or speak to all of the groups who want to find out more about the hospice. We would love some new ambassadors to come on board and help spread the word about Richard House and its work."

For more information call: 020 7540 0213, email community@richardhouse.org.uk or visit www.richardhouse.org.uk/ambassadors

Fresh home-grown fruit and veg sale

Come and reap the rewards of mother nature at the St Mary's Allotments' plant sales. Fresh home grown vegetables and flowering plants will be for sale on 10 and 31 May at the allotments'

Queen's Road entrance, **PLAISTOW**, from 9.30 to 12midday.



Adult Learners Week returns this May

The council and the University of East London have joined forces for this year's Adult Learner's Week, which takes place between 17 and 23 May. Activities include advice stands, educational opportunities and information on job prospects.

Workplace in **STRATFORD** is the borough's partnership project which exists to bring the benefits of new opportunities in Newham to local people. Come along to the advice stand on Tuesday 20 May from 9am to 12midday to talk about learning opportunities.

Beckton Globe on Kingsford Way is also hosting an advice stand to help you make your CV really shine on Wednesday 21 May from 10am to 12midday.

To find out about all of the activities during Adult Learners Week, please contact an advisor on 0208 223 4354, email advisors@uel.ac.uk or look out for posters and leaflets.

Free reusable green waste bag

Sunday 4 May to 10 May is UK Compost Awareness Week. To help residents mark the occasion, Jenkins Lane Reuse and Recycling Centre in **BECKTON** is offering residents a reusable green waste bag when they bring their garden waste to the site to be recycled. Bags will be given out to residents on Monday 5 May between 9am and 12midday and Thursday 8 May between 10am and 1pm; for more information contact 0800 389 9918. If you're interested in composting you can buy a bin at a subsidised rate by visiting www.recyclenow.com/composting or calling 0845 077 0757.

CHARITY CYCLE RIDE RAISES THOUSANDS

Youngsters at the start of the race



One hundred young Sikhs rode their way around **NEWHAM**, Redbridge and Barking and Dagenham to raise more than £2,500 in support of each borough's mayoral charity and Richard House Hospice, Beckton.

The 15 mile route passed gudwaras in each of the boroughs where the young riders, supported by volunteer marshals, the London Cycling Campaign and the London Ambulance Service, were greeted by the congregation with refreshments. This is the ninth annual Sikh charity ride, which takes place every April after Vaisakhi.

Winsor Park gets a makeover

Councillor Ayesha Chowdhury joined residents in cleaning up the area around Winsor Park and its community centre, **BECKTON**. The clean up was the brainchild of East Homes Housing residents who wanted to tackle litter and bulk rubbish on their estate, and was funded as part of the council's Influential Councillor scheme. The keen residents gave up their time to litter pick, paint and garden - and the council recycling bus was on hand to give out recycling bags and advice. There were council staff running surgeries, while volunteering residents could take a break from their labours and enjoy refreshments or even a massage. Councillor Chowdhury said: "It was wonderful to see so many residents involved. Painting the bollards, tidying the gardens, and litter picking has really brightened up the area and made a real difference to Winsor Park."

Councillor Ayesha Chowdhury with a Winsor Park resident. >>



Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, NEWHAM TOWN HALL,
EAST HAM E6 2RP**

Gallery



Shadid Zamil. eight



Ikra Nawaz. ten



Sharyni Ravindran. eight



Maryam Umar. nine

Jokes

What did the vampire say to his girlfriend?
After the film do you fancy a bite?

Where do aliens go to study?
Mooniversity.

Why did King Henry VIII have so many wives?
Because he liked to chop and change.

What is a pirate's favourite subject?
Aaart.

by Zain-Ur-Rehman, ten

Poem

Little Miss Sour
by Prabhjot Parmar, eight

Little Miss Sour,
had a lot of power,
had a shower,
smelt like a flower,
tried to climb a tower,
but fell off a tower,
lost the smell of the flower,
wasted her time having a shower,
lost the power,
poor Miss Sour!

How observant are you?
Look closely at the picture
on the left, then study the
picture on the right to
find ten differences.

Spot the difference



Solution

1. Some water on the diving-board is now an inky colour
2. A bead of perspiration or water beside the swimmer's head
3. Masked swimmer has a line under one of his eyes
4. One of the bricks in the wall is now black
5. One of the house's upper windows has disappeared
6. The house now has a chimney
7. One of the flowers now has a black centre
8. White line missing on water near to masked swimmer's head
9. Bottom rung of ladder is missing
10. Line at side of diver's mouth is missing

Since its launch earlier this year Newham.com is fast becoming the favourite site for everything you need to know about our East End heartland. From arts to property, attractions to shopping, it's all available on one site. Already almost 20,000 people have logged on and they're not all from Newham. There have been hits from 85 countries including the USA, India, Australia, Mexico, Brunei and the Philippines. Whether you want to try a restaurant, attend an event or find out what's on it's all on newham.com

Your site, your thoughts

- > More than seventy per cent of visitors to the site agreed that newham.com is a useful single point of contact for information on activities, services and events
- > More than 60 per cent actively did something because of information they'd seen on newham.com

What would you like to see?

Newham.com is your site. If you have an idea on how we can make it better for you or an interest in something not yet covered then get in touch. Following comments from registered users there are plans to create a history and heritage section and a community and education area.

"the site is really useful and has great information which is easy to access"

"should replace lots of the printed material going out"

"like it a great deal"

"I think the website covers excellent issues informing its residents and those that represent the borough, in comparison to other London borough websites"

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WHAT'S ON?

3 – 17 MAY

ALL LIBRARY LISTINGS

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.
Beckton Globe Every Friday 10-11am
Canning Town Every Monday 10.30-11.30am

Custom House Every Tuesday 10.15-11.15am
East Ham Every Wednesday 2-3pm
The Gate Every Friday 11am-12noon
Green Street Every Thursday 10.30-11.30am
Manor Park Every Thursday 10.30-11.30am
North Woolwich Every Thursday 2-3pm
Plaistow Every Tuesday 11am-12noon
Stratford Every Tuesday 11am-12noon and every Friday 2-3pm
Little Readers – Open to children under five with their parents and carers.
Stratford Every Wednesday 1.30-2.30pm
Crafts Club – Open to children under five with their parents and carers.
Manor Park Every Tuesday 10.30-11.30am
Crafts & Computer Club – Open to children under five with their parents and carers.
Stratford Every Monday 10.30-11.30am
Toy Library – Open to children under five with their parents and carers.
Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm
East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon

Messy Play – Open to children under five with their parents and carers.

Beckton Tuesdays during school term 1.30-2.30pm

Imaginative Play – Open to children under five with their parents and carers.

East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.

Plaistow Thursday 8 May 6.45pm to 7.45pm

The Gate Tuesday 6 May 6.30-7.30pm

Stratford Monday 12 May 6.30-7.30pm

Tamil Reading Group – Discover more about the range of books available in the Tamil language.

East Ham Wednesday 14 May 11am-1pm

Women-Only Urdu Reading Group – Read novels, short stories and poetry and enjoy the delights of the Urdu language.

The Gate Tuesday 13 May 5.30-7.30pm

Over 50s Reading Group – Explore the pleasure of reading in a friendly environment.

Beckton Tuesday 6 May 9.45-11.45am

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.

Beckton Globe Every Tuesday 9.45-11.45am

YOUNG PEOPLE

Homework Club – Homework support and advice for young people aged seven to 14. School term only.

Beckton Every Tuesday 4-6pm

Canning Town Every Saturday 10am-12noon

Custom House Every Saturday 10am-12noon

East Ham Every Monday 4-6pm

The Gate Every Thursday 4-6pm

Green Street Every Tuesday 4-6pm

Manor Park Every Saturday 10am-12noon

North Woolwich Every Thursday 3.30-5.30pm

Plaistow Every Thursday 4-6pm

Stratford Monday 5 May 4-6pm

Children's Reading Group

Canning Town Thursday 8 May 4.30pm to 5.30pm

Children's Games Club – Board games and activities for children aged five to 12.

LIVE
LIFE



Canning Town Thursdays 8 and 15 May 4-6pm

Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.

Custom House Every Tuesday 3.30-5.30pm

East Ham

Every Tuesday 3.30-5.30pm

Manor Park

Every Thursday 4-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.

Beckton Globe Monday 12 May and every Wednesday 3-5pm

Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.

The Gate Sunday 4 May 2.30-4pm

Teen Xtra Evenings – Free activities for young people aged 12 to 21.

The Gate Every Friday 6-8pm

ALL SPORTS LISTINGS

ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday

4.30-6pm, eight-19 years

Drapers Field

Basketball

For ages eight-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOSP)

Every Monday

4.30-6.30pm

Winsor Park

Every Monday 7-9pm

Froud Community Centre

Every Tuesday

5-7pm

Royal Victoria Gardens

Every Tuesday

7.30-9pm

Plaistow Park

Every Wednesday

5-7pm

Memorial Park

Every Wednesday

5-6.30pm

New Beckton Park

Every Thursday

4.30-6.30pm

Priory Park

Every Thursday

5.30-7.30pm

Barking Road Rec

Every Friday

5-6.45pm

Forest Gate Youth Centre

Every Friday

5-7pm

Lister Gardens Park

Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

Every Tuesday

4.30-6pm, girls 11-16 years

Sarah Bonnell School

Every Thursday

6-8pm, 12-16 years

Cumberland Sports College

Every Friday

4.15-5.30pm, eight-11 years

5.30-7.30pm, 12-16 years

Cumberland Sports College

Every Saturday

11am-1pm, eight-11 years

Sarah Bonnell School

Youngbloods

Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday

6-8pm, under-15s and under-14s

East Ham Leisure Centre

Every Tuesday

8-10pm, under-18

and under-16 boys

East Ham Leisure Centre

Every Tuesday

5.30-7.30pm, under-16s

and under-15s

Newham Leisure Centre

Every Thursday

6-8pm, under-15 boys

national league

Newham Leisure Centre

Every Saturday

1-3pm, under-13s and minis

East Ham Leisure Centre

Cricket

Every Thursday

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School

£1 per session

Every Tuesday

5.30-7pm, eight-to-19 years

Score Indoor Complex

Every Thursday

4.30-6pm, eight-to-19 years

Drapers Field

Football

Every Monday

6-8pm

Plaistow Park

Every Tuesday

5.30-7.30pm

Little Ilford Ball Cage

Every Tuesday

5-7pm

Stratford Park

Every Tuesday

5-7pm

Phoenix Cage

Every Wednesday

4.30-6.30pm

Royal Victoria Gardens

Every Wednesday

5-7pm, eight-to-19 years

Stratford Park

Every Wednesday

7.30-9.30pm, 16+ years

(£2 charge)

Score Complex

Every Thursday

5-7pm

Scud Park Ball Cage

Every Thursday

6-8pm

Forest Gate Youth Centre

Every Friday

4-5.30pm (term time only)

St John's Community Centre

Every Friday

6-8pm

Priory Park Ball Cage

Every Saturday

2-4pm, six-to-14 years (£3

charge) Score Complex

Ascension Football Academy

For more information please contact Louise on 07841 749292.

Every Saturday

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45 am





School years 8-11:
12noon-1.30pm
£2.50 per child per session
King George V Park

Estates Football and Basketball League

Every Monday
6-8pm, under-14s and under-17s
Score Complex Hard Court
Every Tuesday
5.30-7pm, under-12s and under-14s
Drapers Field
Every Friday
6-8pm, under-14s and under-17s
Leyton Manor Park

Football and Basketball

Every Monday
4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday
4.30-6.30pm
Ford Park
Every Wednesday
6-8pm
Plashet Park
Every Thursday
4.30-6.30pm
Priory Park Ball Cage
Every Thursday

5.30-7.30pm
Barking Road Rec
Every Friday
5-7pm
Lister Gardens Park
Every Friday
5-7pm
Canning Town MUGA

Multi-Sports

Every Monday
5-7pm, eight-to-19 years
Langthorne Park
Every Monday
5-7pm, eight-to-19 years
Alma Street MUGA
Every Tuesday
4-5pm
Carpenters and Docklands Centre (term time only)
Every Tuesday
5-7pm, eight-to-19 years
Stratford Park
Every Wednesday
4-5pm
Carpenters and Docklands Centre (term time only)
Every Wednesday
5-7pm, eight-19 years
The CAGE (Chatsworth Active Games Enclosure)
Every Wednesday
5-7pm
Stratford Park

Every Wednesday
4-6pm, 10-19 years
Cann Hall Park
Every Wednesday
5-7pm, eight-19 years
Major Road Ball Park
Every Thursday
5-7pm, eight-19 years
The CAGE

Stratford Table Tennis Club

Every Wednesday
6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club

Every Thursday 4-5pm
11-18 years
Eastlea School
Every Thursday 5-6pm
four-11 years
Eastlea School

Stratford Handball Club

Every Monday 3.15-4.15pm
11-18 years
Stratford Secondary School
Mondays 4.30-5.30pm
four-11 years
Stratford Secondary School

Venue Addresses

Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burgess Road, East Ham E6
The CAGE (Chatsworth Active Games Enclosure) Cruickshank Road, Stratford E15
Cann Hall Park
Off Cann Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road and Sophia Road, E16
Carpenters and Docklands Centre

98 Gibbins Road, Stratford E15 2HU
Cumberland School Sports College
Oban Close, Plaistow E13 8SJ
Drapers Field
Temple Mills Lane, off Leyton High Road, E15
East Ham Leisure Centre
324 Barking Road, East Ham E6 2RT
Ford Park
Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7
Froud Centre
Toronto Avenue, Manor Park E12 5JF
Langthorne Park
Off Leytonstone High Road, E11
Leyton Manor Park
Off Capworth Street, Leyton E10
Lister Gardens Park
Corner of Upper Road and Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue, Manor Park E12
Major Road Ball Cage
Major Road, Stratford E15
Memorial Park
Memorial Avenue, West Ham E15
New Beckton Park Ball Cage
Savage Gardens, Beckton E6
Newham Leisure Centre
281 Prince Regent Lane, Plaistow E13 8SD
Phoenix Cage
Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13
Plashet Park
Woodhouse Grove, East Ham E6
Priory Park Ball Cage
William Morley Close, Upton Park E13
Royal Victoria Gardens
Pier Road, North Woolwich E16





Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue,
Canning Town E16
Stratford Park
Densham Road,
Stratford E15
St John's Community Centre
Albert Road,
North Woolwich E16
Winsor Park
Warwall,
Beckton E6
020 7474 7244

ALL OTHER LISTINGS

COMMUNITY FORUMS

Inter-forum football competitions

Get involved in this fun, footie challenge for all ages.

Heats in each community forum area for adults from 3 to 21 May and young people from 27 to 29 May. For the full event details see www.newham.gov.uk/topics/sports

Football final - a fun event for the whole family
Friday 30 May, 5-9pm
West Ham United Football Club,
Boleyn Ground, Green Street,
Upton park E13 9AZ

OTHER EVENTS

Stratford Circus *The Elves and the Shoemaker*

Sat 10 May; 3pm

Elvis Schumacher the cobbler has worked hard all his life creating the most beautiful shoes. But he's hit hard times and now everyone's buying shoes from the evil Bunyan Sole-less. Can anyone help him? Maybe the elves can! This well loved Grimm fairy tale has been re-heeled into a world where magic does exist and wishes do come true.

Ages 3 plus, 60 minutes
Part of Stratford Circlets
Children's Theatre
www.theatre-of-widdershins.co.uk

Jeremy Hardy

Saturday 10 May, 8pm
Jeremy Hardy is one of the UK's foremost stand-up comedians, unafraid to mix his politics into his performances. Star of Jeremy Hardy Speaks To The Nation on BBC Radio 4 and the critically acclaimed film Jeremy Hardy vs. the Israeli Army, he is a Perrier Award winner and in 2004 was nominated for a prestigious Sony Radio Award for Comedy. *Tickets £15/£12*
Part of Stratford Circus Upfront
East Artistic Programme

Box Office and Bookings

Tickets must be booked in advance. Booking for these events is through the Stratford Circus box-office on 020 8279 1015 or through the website at www.stratford-circus.com

Theatre Royal *Familyman by Rikki Beadle-Blair*

2 May to 31 May; Tuesday to Saturday 7:30pm; Tuesday 13 May only 6:30pm

Extra Shows: Wednesday 14 May and Saturday 31 May 2pm *Ages 15 and over (guidance only)*
Caesar Ramsay works hard for his family. But the news his son Nelson reveals sends Caesar's seemingly ordinary life rapidly spinning out of his control! Fresh, insightful and delivered with razor-sharp wit, Familyman confirms what many of us know only too well – parenting is messy!

Performances for the deaf and hard of hearing: sign interpreted on Friday 16 May at 7.30pm; captioned on Thursday 22 May at 7.30pm. Performances for the visually impaired: audio described on Thursday 15 May at 7.30pm with a free touch tour before this for visually impaired audiences to visit, feel the props and touch costumes-booking is essential. Call 020 8534 0310.



USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham.mag@newham.gov.uk

Realise your potential today

Join the Personal Best Programme

Joining the Personal Best Programme is your opportunity to learn new skills, gain a qualification and get support looking for work.

If you complete the programme successfully you are guaranteed an interview to become a London 2012 Volunteer.

The programme consists of nine training units:

- Volunteering & the Olympics
- Becoming a volunteer
- Equality & diversity
- Customer relations
- Emergencies & basic fire awareness
- Public safety
- Conflict resolution
- Team & interpersonal skills
- Preparing for a volunteer placement

To qualify for the programme, you must be aged between 16-65, and be in receipt of Income Support, Incapacity Benefit or not claiming. You must NOT have a qualification above NVQ Level 2.

The Personal Best Programme is a great opportunity to gain a qualification as well as learn new skills. If you join the programme you will receive assistance with travel costs and childcare, as well as Luncheon Vouchers.

For more information please contact Muhammad Ahmedullah on 020 8430 3598 or 07966 889702.

personal**best**

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Open Evening

Birkbeck, University of London

Wednesday 11 June

4–7.30pm, Old Town Hall, Stratford

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- ☐ Find out what it's like to study at university and how we can help you.
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Elected Member Professional Development
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Ethnicity, Migration, Policy
Environmental Management
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